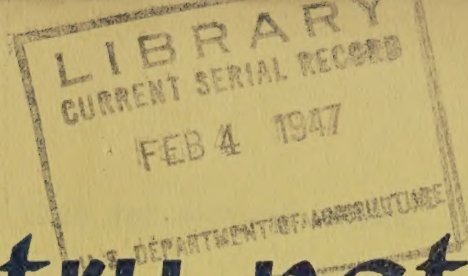


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Timely Topics for the Food Page Editor

October 7, 1946

BEST FRESH FOOD BUYS

This year's big crop of apples began to hit markets in a big way during the past week. Supplies were plentiful, and nearly every key point in the seven-state southwest area listed one variety or another among the week's best buys, according to the Production and Marketing Administration.

Usually the most economical choice was from the supply shipped in bulk, but some of the fancier packed apples are now showing up. Washington State is shipping the famous Delicious, which next to the Jonathan is the best liked of the dessert apples. Varieties suitable for cooking and pie making are among the most plentiful offerings.

Popularity of oranges also increased during the past week, but they are not yet in the class with apples. Grapes are still a good buy, pears a fair selection. Several markets listed bananas, and a few placed grapefruit in the best buy class. Honeydews represent the dwindling supply of melons.

In the vegetable line, sweet potatoes became much more popular, though they're still not first choice. This place goes to Irish potatoes, which have

(more)

Production and Marketing Administration, USDA
Information Service
425 Wilson Building
Dallas 1, Texas

alternated with onions at the head of the list for several weeks. Onions are still an excellent buy at all markets.

Cabbage remains plentiful and relatively low-priced. Tomatoes from California, Colorado and northern producing areas are very popular, and there are plenty of salad ingredients to team them with--especially lettuce, celery and carrots.

Home grown greens take the spotlight among the locally produced items. Spinach, mustard, and turnip greens offer a good variety to choose from.

"Best buys" at key markets

ARKANSAS: Little Rock.....cauliflower, onions, Irish potatoes, lettuce, apples

Pine Bluff.....onions, greens, Irish potatoes, oranges

COLORADO: Denver.....apples, cabbage, carrots, cauliflower, celery, eggplant, onions, Irish potatoes, acorn squash

KANSAS: Manhattan.....apples, oranges, lettuce, cabbage, Irish potatoes, carrots

MISSOURI: Kansas City.....spinach, mustard, eggplant, squash, beets, pears, turnips, onions, honeydew melons, apples

LOUISIANA: Baton Rouge.....Irish potatoes, sweet potatoes, onions, lettuce, apples

New Orleans.....tomatoes, bulk apples, onions, Irish potatoes

Shreveport.....tomatoes, cabbage, carrots, onions, yams, greens, Irish potatoes

NEW MEXICO: Gallup.....Irish potatoes, apples

Santa Rosa.....tomatoes, onions, cabbage, Irish potatoes, apples, pears

OKLAHOMA: Ada.....lettuce, sweet potatoes, apples, grapes, Irish potatoes, cabbage, bananas, tomatoes, onions, spinach, garden peas

Ardmore.....apples, Irish potatoes, onions, sweet potatoes, tomatoes, lettuce, bananas

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"Best buys" at key markets

ARKANSAS:	<u>Little Rock</u>cauliflower, onions, Irish potatoes, lettuce, apples
	<u>Pine Bluff</u>onions, greens, Irish potatoes, oranges
COLORADO:	<u>Denver</u>apples, cabbage, carrots, cauliflower, celery, eggplant, onions, Irish potatoes, green squash
KANSAS:	<u>Manhattan</u>apples, oranges, lettuce, cabbage, Irish potatoes, carrots
MISSOURI:	<u>Kansas City</u>spinach, mustard, eggplant, squash, peaches, pears, turnips, onions, honeydew melons, apples
LOUISIANA:	<u>Baton Rouge</u>Irish potatoes, sweet potatoes, onions, lettuce, apples
	<u>New Orleans</u>tomatoes, bulk apples, onions, Irish potatoes
	<u>Shreveport</u>tomatoes, cabbage, carrots, onions, yams, greens, Irish potatoes
NEW MEXICO:	<u>Albuquerque</u>Irish potatoes, apples
	<u>Santa Rosa</u>tomatoes, onions, cabbage, Irish potatoes, apples, pears
OKLAHOMA:	<u>Ada</u>lettuce, sweet potatoes, apples, grapes, Irish potatoes, cabbage, bananas, tomatoes, onions, spinach, garden peas
	<u>Armore</u>apples, Irish potatoes, onions, sweet potatoes, tomatoes, lettuce, bananas

Enid.....carrots, cabbage, turnips, beets, lettuce, pears,
apples, Irish potatoes, celery, sweet potatoes,
oranges, cauliflower, tomatoes

Lawton.....apples, oranges, lemons, plums, grapes, lettuce,
late melons, Irish potatoes, sweet potatoes,
squash, beets, celery

Oklahoma City...apples, bananas, cabbage, grapefruit, grapes,
Irish potatoes, sweet potatoes, tomatoes

Tulsa.....Irish potatoes, onions, carrots, cauliflower,
lettuce, tomatoes, celery, oranges, apples,
grapes, lemons

TEXAS: Amarillo.....Irish potatoes, onions, sweet potatoes, cabbage,
bell peppers, celery, apples

Austin.....Irish potatoes, onions, sweet potatoes, oranges,
apples, carrots, grapes, cabbage

Dallas.....onions, cabbage, tomatoes, apples, greens,
Irish potatoes, sweet potatoes

Fort Worth.....cabbage, onions, Irish potatoes, tomatoes,
bulk apples, rutabagas, sweet potatoes

Houston.....Irish potatoes, sweet potatoes, cabbage, carrots,
onions, okra, peas, pears

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CHEESE HOLD-UP

Before manufacturers and authorized assemblers of cheddar cheese can sell additional supplies in regular channels, they must fulfill their set-aside obligations for May and June at the June 30 ceiling price. This is the gist of a new amendment to the cheese set-aside order (WFO 15), effective October 1. Also, pending clarification of current price problems, the manufacturers and assemblers must keep on hand enough cheese to fill all undelivered orders on the July set-aside.

The cheese reserved during May, June and July, when it is all delivered, will provide the amount needed for military and export requirements, leaving further production available for civilians.

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NUTS TO THE COOK

Not so many pecans, but plenty of other nuts. That's the situation Department of Agriculture marketing specialists expect to prevail this fall and winter. Latest production figures point to about 96½ million pounds of pecans compared with 138 million last year. A large part of this supply will come from farms in Texas, Oklahoma, Louisiana and Arkansas--the rest mostly from east of the Mississippi.

Almonds from California and filberts from Oregon and Washington are expected to be record crops--about 35,000 tons of almonds and nearly 9,000 tons of filberts. Walnuts from California will be a near-record at 71,500 tons.

As for peanuts, the homemaker is scheduled to get the cream of a 2 billion-crop--either as nuts or in the form of peanut butter. The Department of Agriculture has offered oil mills a diversion payment for crushing the U. S. No. 2 grade instead of farmers' stock for oil and meal in an effort to improve the quality of peanuts for edible purposes.

So, recipes using nuts are in order again--whether they're salads, desserts, hors d'oeuvres, bread, stuffings, or what have you. In most cases, it won't matter so much which nut is used because all the flavors are good. Almonds, filberts and walnuts are especially good substitutes when pecans are not available.

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THE MEAT FRONT

Last week's meat production in federally inspected plants was 80 million pounds--up 14 percent over the 70 million pounds produced the preceding week but 73 percent below the 292 million a year ago. The week's output included 39 million pounds of beef, 11.2 million pounds veal, 14.8 million pounds lamb and mutton, and 15 million pounds of pork. Lard production totaled 2.6 million pounds compared with 2.4 million in the preceding week and 14.8 a year ago.

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NUTS TO THE GOOSE

Not so many pecans, but plenty of other nuts. That's the situation Department of Agriculture marketing specialists expect to prevail this fall and winter. Latest production figures point to about 965 million pounds of pecans compared with 1,38 million last year. A large part of this supply will come from farms in Texas, Oklahoma, Louisiana and Arkansas--the rest mostly from east of the Mississippi.

Almonds from California and Florida from Oregon and Washington are expected to be record crops--about 35,000 tons of almonds and nearly 9,000 tons of Florida. Walnuts from California will be a near-record at 71,500 tons. As for peanuts, the Department is scheduled to get the cream of a 2 billion crop--either as nuts or in the form of peanut butter. The Department of Agriculture has offered all mills a diversion payment for crushing the U. S. No. 2 grade instead of farmers' stock for oil and meal in an effort to improve the quality of peanuts for edible purposes. So, recipes using nuts are in order again--whether they're salads, desserts, hot b'conuts, bread, stuffings, or what have you. In most cases, it won't matter so much which nut is used because all the flavors are good. Almonds, Florida and walnut are especially good substitutes when pecans are not available.

--30c--

THE MEAT REPORT

Last week's meat production in federally inspected plants was 80 million pounds--up 14 percent over the 70 million pounds produced the preceding week but 75 percent below the 292 million a year ago. The week's output included 39 million pounds of beef, 11.2 million pounds of pork, 1.8 million pounds of lamb and mutton, and 75 million pounds of veal. Total production totaled 2.6 million pounds compared with 2.4 million in the preceding week and 1.8 a year ago.

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INITIATIVE WANTED

The meat shortage has done more than make menus hard to plan--it has threatened to increase the shortage of soap by cutting down the supply of fat both from commercial sources and from home kitchens. This makes doubly important the salvaging of every drop that is available.

Homemakers will find it important during this emergency to salvage the fat from poultry, to pour up the drippings when fish or other meat is broiled, to save the fat left in the meat loaf roaster, to skim off soups and vegetables--even the dishwater in which greasy pots and pans have been washed.

These are fat-saving methods worth continuing even when meat is plentiful again, because the Department of Agriculture tells us it will take a long time for the world fat supply to get back to normal. The actual length of time depends on many things: The weather and political conditions in the principal oilseed producing countries, for instance. Also, the total supply will be held down by measures in effect to guard against depletion of whales, in the past one of the principal sources of animal oil.

One of the most important factors, however, is the diligence and initiative homemakers exert in making used kitchen fats available to renderers and soap makers through local butchers.

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EGG SELECTION

Most homemakers know how important it is to buy eggs by grade. It's the best way to be sure of getting the right egg for the right purpose. Most homemakers also know the U. S. Department of Agriculture cooperates with the various states to make graded eggs available,

Specifications for the different grades are carefully drawn up so the homemaker can depend on the eggs she buys to come up to certain definite

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Specifications for the different grades are carefully drawn up so the homemaker can depend on the eggs she buys to come up to certain definite

standards. These specifications are revised from time to time to make them more helpful.

Just recently USDA officials, state representatives, and members of the egg business held meetings all over the country to study the present specifications. As a result, some changes were made--mostly for purposes of clarification and simplification. These changes go into effect December 1 wherever Federal Government egg grading is done.

And the homemaker who takes advantage of the egg grading service and asks for eggs by grade can always be sure she's getting her money's worth.

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OCTOBER SPECIALS

As the melon season draws to a close, two very important cousins to the watermelon and cantaloup take their place in the market baskets of southwest homemakers. These are the pumpkin and the squash--both typically fall foods in good supply right now.

Pumpkin stands for pie, of course, and hurries the mind on to Hallowe'en and Thanksgiving. Squash is less festive, more versatile and practical, but so closely related to the pumpkin that at least one variety--the crooked neck Cushaw--is usually classified as pumpkin.

Like the Hubbard variety, Cushaws can be cut into pieces of a size that make individual servings, then baked in the oven, seasoned to taste, and made the main vegetable dish for a very delightful dinner. There's also the little acorn squash--a convenient size to serve to small families.

There's squash pie, too--and pumpkin seeds to eat like nuts if the homemaker wants to copy her pioneer ancestors, who probably copied the Indians.

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Timely Topics for the Food Page Editor

October 14, 1946

BEST FRESH FOOD BUYS

Fresh foods in most plentiful supply at lowest cost this week are Irish and sweet potatoes, onions, apples and cabbage. The apples and sweet potatoes have made a spectacular climb toward the top of the list in recent weeks, gaining steadily in popularity as more were offered by producers. Irish potatoes, onions, and cabbage are old-timers--but still good, according to USDA's Production and Marketing Administration.

Lettuce and celery are first choice for salad ingredients. Carrots and green peppers to add color and extra vitamins also are fairly good buys. Tomatoes are in good supply for this time of the year, but prices are rather high.

Grapes are still a good fruit buy, and more citrus is beginning to show up, with both oranges and grapefruit a fair choice.

"Best buys" at key markets

ARKANSAS: Jonesboro.....Irish potatoes, corn, cabbage, apples, onions

Little Rock.....lettuce, Irish potatoes, apples, onions

(more)

Production and Marketing Administration, USDA
Information Service
425 Wilson Building
Dallas 1, Texas

Pine Bluff.....apples, turnips and greens, lettuce, onions

COLORADO: Denver.....apples, celery, cabbage, carrots, onions,
Irish potatoes, sweet potatoes, Acorn and
Hubbard squash, lettuce

KANSAS: Manhattan.....onions, potatoes, apples, grapes, carrots,
cauliflower, cabbage, turnips

MISSOURI: Kansas City.....homegrown spinach, mustard, turnips, beets,
sweet potatoes, eggplant, onions, peppers,
squash, Keiffer pears, celery, cabbage, apples,
tomatoes, Washington pears

LOUISIANA: Baton Rouge.....Irish potatoes, onions, sweet potatoes, apples,
greens, lettuce, celery, cabbage

New Orleans.....Irish potatoes, tomatoes, onions, Florida
grapefruit

Shreveport.....Irish potatoes, yams, onions, cabbage, carrots,
apples, grapefruit

NEW MEXICO: Alamogordo.....onions, celery, radishes, green beans, tomatoes,
cabbage, carrots, lettuce, Irish potatoes

Gallup.....Irish potatoes, lettuce, carrots, cabbage,
tomatoes

OKLAHOMA: Ada.....lettuce, sweet potatoes, peppers, apples,
grapes, Irish potatoes, cabbage, bananas,
tomatoes, peas, onions

Enid.....apples, tomatoes, oranges, lettuce, sweet
potatoes, cabbage, Irish potatoes, celery,
grapes, onions, turnips, carrots, peppers,
radishes, squash

Lawton.....Irish potatoes, sweet potatoes, beans, peas,
cabbage, onions, squash, beets, radishes,
cauliflower, apples, oranges, lemons, bananas,
grapes

Miami.....Tokay grapes, apples, tomatoes, sweet potatoes,
cabbage, onions, celery, Irish potatoes

Oklahoma City...apples, cabbage, grapes, lettuce, mustard,
onions, peaches, Irish potatoes, sweet potatoes,
tomatoes, turnips

TEXAS: Amarillo....., Irish potatoes, onions, sweet potatoes, cabbage,
bell peppers, celery, apples

Austin.....onions, Irish potatoes, lettuce, grapes, bell
peppers, celery, eggplant, blackeyed peas,
rutabagas, sweet potatoes

(more)

Dallas.....cabbage, onions, Irish potatoes, sweet potatoes,
apples, local turnip and mustard greens, celery,
lettuce

Fort Worth.....Irish potatoes, onions, bunched carrots, bulk
apples, cabbage, celery

Houston.....Irish potatoes, sweet potatoes, cabbage, okra,
carrots, onions, peas, pears

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SALAD NOTE

Marketing specialists say consumers should be able to buy more lettuce this fall at lower average prices than at any time since the beginning of the war. By November, when most of the outdoor grown lettuce will be gone, large quantities of iceberg-type lettuce will be available from Western States, principally California.

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THINGS TO COME

A little more shortening, cooking and salad oils may show up on grocers' shelves between now and Christmas.

Manufacturers of these products may use 88 percent as much fats and oils during the last quarter this year as they used in the corresponding period of 1940 and 1941. This is an increase for most sections of the country compared with the preceding three months when quotas were 82 percent plus a 6 percent reserve for deficit areas. The Department of Agriculture says the increase was possible because distribution of fats and oils throughout the country is now fairly uniform.

The quota for margarine stays unchanged at 95 percent of the amount used in the corresponding quarter of 1944.

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HONEYED WORDS

Homemakers probably will be able to buy more honey now that price ceilings have been removed—because beekeepers will sell their production to grocers instead of peddling it out to friends and neighbors. Even so, the supply may not equal the demand. Honey production is below last year because some of the new insect sprays killed a good many bees and rainy weather kept others from working full-time. However, the 1947 crop should be better because bee-keepers have been asked to raise six percent more bees.

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BEAN BAG COUNT

Homemakers and other U. S. civilians will get about 90 percent of the 8,322,600 hundred-pound bags of dry beans available during the last half of 1946. The other ten percent will go mostly to military and war services, U. S. territories and the United Kingdom. USDA's marketing specialists say home supplies at the present time are larger than previously anticipated because of early harvesting of new crop beans.

Civilians will get very few dry peas, however, because most of the allocable supply of 3,625,400 bags is earmarked for export. Even larger quantities than will be available are needed for relief feeding in occupied areas, the specialists explain.

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JUST OFF THE PRESS

With this week's PANTRY PATTERN, we're sending you a pamphlet and a poster explaining the post-war version of the Basic Seven Food Guide. You'll find these more helpful than the wartime nutrition guide because quantities, as well as types of food, are given for each of the Basic Seven groups needed in the day's meals. Let us know if you need additional copies.

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DAIRY FOODS INVENTORY

The past month brought a seasonal downward trend in production of practically all dairy products, but most needs were filled, according to USDA's marketing specialists. There was enough milk for drinking purposes, even though consumption is estimated to be 30 percent over the prewar level while production is only 11 percent above average and slightly below last year.

Plenty of cream was available for permitted uses. The ban on sales of whipping cream channeled more supplies into butter, so the seasonal drop in butter production was less than normal. However, receipts of butter at the larger markets were short of the demand, and consumers drew on storage stocks for their needs.

Cheese receipts were smaller than for either July or August, but heavier than in any other September in recent years. Until about the middle of the month some cheese went into storage, after that the seasonal decline started.

Individual brands of evaporated milk were sometimes short, but the overall supply was ample in spite of reduced production. Scarcity of sugar restricted output of condensed milk, but supplies were more generally available than for sometime past.

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SPICY FUTURE

Spice supplies are improving. The Department of Agriculture tells us prewar sources, even for spices that are still under allocation, are gradually opening up, and our imports are on the increase. Allocations have been removed from all spices except pepper, nutmeg and mace—and pepper from some sources is not allocated now. As for other spices--cinnamon, cloves, ginger, allspice, etc--there are no limitations except those the cook will exercise.

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MEAT REPORT

Meat production during the first week of October continued to rise from the extremely low level reached a few weeks ago, but is still far below average. Output in Federally inspected plants totaled 88 million pounds compared with 80 million in the preceding week and 286 million for the corresponding week last year.

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CRANBERRY RELISH RECIPE

With plenty of cranberries--but not so much sugar--this fall, homemakers will welcome sweet-saving ideas for making cranberry relish. Here's one from the Bureau of Human Nutrition and Home Economics.

Takes one of everything--one pound of berries, one orange and one cup of sugar or strained honey. Wash the orange, cut into quarters and remove the seeds. The berries and orange, with the rind intact, go through the food chopper. Then add the sweetening and about a quarter teaspoon of salt. If stored in a covered jar in a cold place, this cranberry relish will keep for two or three weeks.

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RUTABAGA TIME

Supplementing good supplies of locally produced turnips right now, the rutabaga is moving in from Canada. The rutabaga is nothing but a big, yellow turnip--less watery in texture than the white turnip, though. It's milder-flavored than the white turnip, too, and has a greater variety of uses.

In case the family likes it better disguised, the rutabaga can be prepared to look like yellow mashed potato!

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Timely Topics for the Food Page Editor

October 21, 1946

BEST FRESH FOOD BUYS

This week's list of best fresh food buys features several locally-produced vegetables. Squash and greens are especially plentiful, and the price is reasonable. There's a good supply of local turnips, too, supplementing shipped-in rutabagas. Green beans from southwest producing areas are a fairly good buy. Tomatoes remain very popular, but the best of the local offerings at present are green--suitable mostly for frying or pickling, though some are good enough to hold until they ripen. Shipped-in tomatoes continue plentiful, but the price is high.

Popular local items shared the spotlight with apples, cabbage and Irish potatoes, which the Production and Marketing Administration says are the very best buys of the week. Onions ran a close second at 15 key markets, followed by lettuce, sweet potatoes, celery, and carrots.

Rounding out the fruit list, more citrus--especially Florida grapefruit--is available. Texas lemons are offered in fair quantities. Grapes rate next to apples from the budget standpoint, but good supplies of pears also are on hand at a fairly reasonable price.

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Production and Marketing Administration, USDA
Information Service
425 Wilson Building
Dallas 1, Texas

"Best buys" at key markets

ARKANSAS: Little Rock.....Irish potatoes, onions, cabbage, apples
Pine Bluff.....lettuce, turnip greens, cabbage, onions, apples,
Irish potatoes

COLORADO: Denver.....apples, cabbage, carrots, onions, Irish and sweet
potatoes, Acorn and Hubbard squash, grapefruit,
turnips, parsnips

KANSAS: Manhattan.....cabbage, lettuce, Irish potatoes, squash, apples,
grapefruit

MISSOURI: Kansas City.....Keiffer pears, cooking apples, homegrown squash,
pumpkins, sweet potatoes, spinach, mustard,
peppers, eggplant, celery, cabbage, turnips,
beets, onions

LOUISIANA: Baton Rouge.....Irish and sweet potatoes, onions, oranges, lettuce,
Louisiana green beans, apples
New Orleans.....cabbage, onions, Irish potatoes
Shreveport.....Irish potatoes, onions, carrots, lettuce, greens,
grapefruit, apples

NEW MEXICO: Alamogordo.....cabbage, carrots, squash, green beans, celery
Gallup.....green chili, sweet potatoes, tomatoes, carrots,
cabbage

OKLAHOMA: Ada.....lettuce, Irish and sweet potatoes, apples,
grapes, cabbage, onions
Enid.....tomatoes, cabbage, lettuce, apples, Irish and
sweet potatoes, turnips, carrots
Miami.....apples, grapes, lettuce, cabbage, Irish and
sweet potatoes, celery
Oklahoma City...apples, cabbage, grapefruit, grapes, lettuce,
onions, Irish potatoes, radishes, squash,
tomatoes
Tulsa.....lettuce, lemons, apples, Irish potatoes, carrots,
celery, grapes, oranges, green beans, radishes,
turnips, mustard

TEXAS: Amarillo.....cabbage, Irish potatoes, onions, bell peppers
Austin.....onions, Irish potatoes, Tokay grapes, California
tomatoes, green beans, lettuce, celery, eggplant,
cabbage, rutabagas

(more)

Dallas.....apples, yellow onions, Irish and sweet potatoes,
green beans, local turnips and greens, tomatoes,
lettuce, celery

Fort Worth.....onions, Irish and sweet potatoes, cabbage,
bunched greens, bulk apples

Houston.....Irish and sweet potatoes, cabbage, carrots,
onions, okra, peas, apples

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MEAT ON THE MENU

Food headlines focussed on meat this week as ceilings were lifted, government purchases of meat and meat products for export discontinued, and six meat set-aside orders terminated. As expected, the first day without price control saw an upward spurt in livestock prices, especially for hogs. Then prices fell back a little, but remained about in line with prices during the temporary ceiling suspension in July.

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SPUD STORAGE

The Irish potato crop this year is a whopper--471 million bushels, according to latest reports. Especially large quantities from the late crop will be on retail markets the first half of November. These are high quality potatoes that keep through the winter if properly stored, so homemakers may want to buy them in sizable amounts while they're cheap.

To store these potatoes, USDA's food specialists suggest careful sorting first to remove any that are decayed, bruised or cracked. Then the good ones go in a cool, dark place. They must not freeze, though. Ideal temperatures are between 40 and 60 degrees Fahrenheit. If stored below 40, some of the starch in the potatoes may turn to sugar and the potatoes will acquire a sweetish taste. If this happens, the flavor sometimes can be restored by putting the potatoes in a warmer place for a week before using.

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The storage place must be dark because light gives potatoes green spots that are harmful to eat. The potatoes keep better if they're carefully covered with cloth or paper.

However, a few green spots don't mean the entire potato is ruined. The green spots can be cut off, but it's wasteful to let them form. Potatoes that sprout in storage can be eaten too, but they must be peeled. The sprouts contain the same harmful substance that's in the green spots.

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FAT SALVAGE REMINDER

As more meat becomes available, the kitchen once more will be an important source of supply for used fat to help relieve the soap shortage. This seems a very appropriate time to remind homemakers to "scrape, skim and scoop" every drop into the fat salvage can and sell it to the butcher for four cents a pound. With removal of price ceilings on such items as lard, margarine, salad dressing and cooking oils, emphasis also is needed this week on conservative use of household fats to help prevent an inflationary price trend.

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SWEET POTATO RECIPES

The next few weeks--through October and the first half of November--probably will find sweet potato supplies at their peak on retail markets. Nationally, the crop this year is just about average with around 66 million bushels expected. But the southwest may have near-record supplies, because Louisiana--the largest carlot shipper of the sweet potato producing states--has another bumper crop this year: 10 million bushels, or just under last year's record, to be more exact.

To help homemakers take advantage of the abundant food value in sweet potatoes (lots of vitamin A, a good supply of vitamin C, small amounts of

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minerals and B vitamins, and plenty of food energy), USDA's Bureau of Human Nutrition and Home Economics has prepared several recipes to fit fall menus. They are given below.

In most cases, the nutritionists say, sweet potatoes should be cooked first in their jackets. The skin of the cooked sweet potato is easy to remove and takes with it less of the goodness underneath. If for a special dish, you do peel first, peel just before using and make the peelings thin. If sweet potatoes must be peeled ahead of time, put the pared potatoes in salted water to keep them from darkening.

Boiled sweet potatoes

Scrub the potatoes, then drop into enough boiling water so they are covered. Boil in a covered kettle until tender, then drain at once and season to taste with table fat or meat drippings, salt, and pepper.

Baked sweet potatoes

First wash and dry sweet potatoes of uniform size. If you want the skin soft, rub a little fat on it. Bake sweet potatoes in a hot oven (425°F.) until tender. This will take 35 to 60 minutes, depending on the size of the potatoes. Then cut crisscross gashes in the skin of the sweet potatoes on one side, and pinch them so that some of the soft inside pops through the opening. Drop in meat drippings, bits of crisp cooked salt pork, or table fat.

Quick mashed sweet potatoes

Peel cooked sweet potatoes while they are still hot. Mash thoroughly and quickly, and add seasoning and table fat. Beat in hot milk a little at a time until the sweet potatoes are fluffy and smooth.

For variety, use orange juice in place of the milk, and add a little grated orange rind, table fat, and a few raisins. If desired, place in a baking dish, top with meringue, and brown lightly in a moderate oven.

Sweet potatoes scalloped with apples

Place alternate layers of sliced cooked sweet potatoes and sliced raw apples in a greased baking dish. Sprinkle the apple layers with sugar and a little salt, and dot with fat. Pour in just enough water to cover the bottom of the dish. Bake covered in a moderately hot oven (375°F.) until apples are tender (about 30 to 40 minutes.) If desired, uncover the dish for the last 15 or 20 minutes of cooking, and top with bread crumbs or crushed dry breakfast cereal combined with a little fat.

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Glazed sweet potatoes

Pare sweet potatoes, cut in half, and drop into enough lightly-salted boiling water just to cover. For each potato add 1 to 2 tablespoons honey, corn or maple sirup, or molasses, and 1 teaspoon table fat. Boil covered until tender. If liquid has not cooked down enough by the time sweet potatoes are tender, remove cover and boil rapidly until a sirup is formed. Turn sweet potatoes once to cover them with the sirup.

Sweet potato puff

To 3 cups mashed sweet potatoes add 2 beaten egg yolks, 2 tablespoons melted fat, about $\frac{1}{2}$ teaspoon salt, and 2 tablespoons sugar if desired. Gradually add about $\frac{1}{2}$ cup milk or orange juice, and beat until mixture is light and fluffy. Add $\frac{1}{2}$ cup raisins (soaked 5 to 10 minutes in boiling water.) Fold 2 stiffly-beaten egg whites into the sweet potato mixture, and pile lightly into a greased baking dish. Bake in a moderately hot oven (375°F.) about 30 minutes, or until puffed and browned. Six servings.

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PERSONAL NOTE

Food editors who want to keep tab on fresh fruits and vegetables from the Lower Rio Grande Valley, now beginning to move northward in carlot quantities, should contact R. E. Winfrey, in charge of the Fruit and Vegetable market news office, U. S. Department of Agriculture, Weslaco, Texas. On request, he will add your name to the mailing list for either vegetable or citrus reports--both if you need them.

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HOLIDAY PLANS

Homemakers planning holiday fare for Hallowe'en parties will find many of the traditional foods in good supply this year.

Apples may be had for decorative purposes, games and refreshment--quite a contrast to last year when the crop was too small to spare any for luxury purposes. Pumpkins--though we haven't counted them--are coming on the market in their usual October manner.

Nuts are plentiful, except for pecans. A large crop of cranberries is already beginning to show up in grocers' bins. There are plenty of onions to flavor hot dogs and hamburgers, plenty of Irish potatoes for salad, plenty of sweet potatoes for pie. All in all, this Hallowe'en should be a joyful occasion, certainly from a food-wise standpoint.

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pantry patter

Timely Topics for the Food Page Editor

October 28, 1946

BEST FRESH FOOD BUYS

Marketing specialists of the Production and Marketing Administration put Irish potatoes, onions, apples and cabbage at the top of the best buy list this week. All are plentiful and reasonably-priced. All are versatile, appetizing, wholesome. For bargains in food value, they can't be beat.

About half the key markets in the seven-state southwest area also list carrots, lettuce, celery, and sweet potatoes among the best buys. Locally produced turnips, greens and squash remain plentiful. Cauliflower is a fairly good buy at several markets, along with beans and shipped-in tomatoes.

Beginning of the Texas citrus movement brought more grapefruit and oranges, and these were a better choice than in recent weeks. Grapes and pears continue fairly plentiful. Bananas, listed among the best buys at a few markets, complete the fruit list.

"Best buys" at key markets

ARKANSAS: Jonesboro.....apples, sweet potatoes, cabbage, onions

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Production and Marketing Administration, USDA
Information Service
425 Wilson Building
Dallas 1, Texas

Little Rock.....apples, red potatoes, onions, cauliflower

Pine Bluff.....turnip greens, onions, Irish potatoes, grapefruit

COLORADO: Denver.....apples, carrots, cabbage, cauliflower, Pascal
celery, Tokay grapes, onions, parsnips, Irish
potatoes, squash

KANSAS: Manhattan.....Irish potatoes, cabbage, onions, apples, cauliflower

MISSOURI: Kansas City.....Kieffer pears, cooking apples, homegrown pumpkins,
squash, spinach, mustard, onions, celery, cabbage,
turnips, beets, leaf lettuce, parsnips, peppers

LOUISIANA: Baton Rouge.....Irish potatoes, onions, sweet potatoes, Jonathan
apples, Florida oranges, Louisiana green beans,
lettuce, grapefruit, lemons

New Orleans.....cabbage, Irish potatoes, dry onions

Shreveport.....cabbage, celery, yams, Irish potatoes, oranges,
grapefruit.

NEW MEXICO: Gallup.....apples, Irish potatoes, carrots, cabbage

Santa Rosa.....onions, Irish potatoes, apples, cabbage, carrots

OKLAHOMA: Ada.....onions, Irish potatoes, apples, bananas, oranges,
cabbage, tomatoes, carrots, turnips, lettuce

Enid.....apples, celery, Brussel sprouts, carrots, Irish
potatoes, cauliflower, cabbage, onions, turnips,
lettuce

McAlester.....onions, sweet potatoes, cabbage, apples, greens,
squash, carrots

Miami.....apples, lettuce, Irish potatoes, sweet potatoes,
turnips, onions

Oklahoma City...apples, cabbage, carrots, lettuce, onions, Irish
potatoes, white squash, tomatoes

Tulsa.....pears, grapefruit, beans, apples, tomatoes, green
beans, cauliflower, celery, Irish potatoes, sweet
potatoes, radishes, turnips, onions

TEXAS: Amarillo.....Irish potatoes, sweet potatoes, onions, apples

Austin.....onions, Irish potatoes, celery, cabbage, lettuce,
Tokay grapes, green beans, rutabagas, turnip
greens, tomatoes

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Dallas.....apples, onions, Irish potatoes, sweet potatoes,
celery, homegrown greens and squash, California
tomatoes, lettuce

Fort Worth.....cabbage, bunched carrots, mustard and turnip
greens, Irish potatoes, onions, sweet potatoes,
bulk apples

Houston.....Irish potatoes, sweet potatoes, cabbage, carrots,
onions, greens, peas, apples

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COMES THE MEAT

Homemakers watched the meat situation carefully as farmers rushed to market large numbers of cattle and hogs in the week after price decontrol. Many livestock receiving centers were forced to issue embargoes to hold down arrivals in line with the volume they had facilities to slaughter. The amount of meat produced in federally-inspected plants jumped to 265 million pounds compared with 114 million in the preceding week.

If this is any indication--and it certainly should be--meat counters will be well stocked as soon as the steaks, chops, sausages, and other cuts of meat can be transferred from the hoof to the butcher shop. Prices, however, are still high.

With lifting of ceilings also went the mandatory inspection of all meats which helped homemakers and the OPA know what price should be paid for the various cuts when ceilings were in effect. Federal inspection is required now only on meat that moves in interstate commerce. However, the service is available on a voluntary basis to any packing plant which requests it; and homemakers who learned during the war how important the Federal grade stamp can be as a guide to quality will find it worth while to continue to look for it.

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HEADLINE ITEMS

This has been a week of front page food news. Meat was in the spotlight, of course, but other highlights included:

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Removal of price ceilings from all fresh fruits and vegetables and from all foods and beverages except sugar and sugar solutions (including syrup and molasses), corn sugar, corn syrup, and rough and milled rice.

Ending of allocations on mace, nutmeg and Indian pepper--thus freeing the last of the spices from control.

Revocation of nearly all the food orders controlling distribution of fats and oils. Only WFO-130, affecting 1945 crop peanuts, and WFO-63 which controls imports, remain in effect. Also, the Department of Agriculture will continue to allocate exports.

Revocation of WFO-1, the "bread order" which controlled manufacture and distribution of bakery products.

Amendment of war food order 144 to remove the 85 percent limitation on use of wheat by breakfast food and other food manufacturers and authorizing millers to begin immediately the delivery of flour against their November quotas.

Ending of controls over purchase and use of corn and other feed grains by food manufacturers and some other users.

Cancellation of the food orders which set aside canned and processed fruits and vegetables, dry edible beans, dried skim milk and evaporated milk; also the order controlling use of honey in manufactured products and the ones affecting distribution of cocoa beans and imported fish.

All this puts distribution of the available supply of many foods on a competitive basis, and at the same time lifts the lid on prices. Homemakers, by the skill they display in careful shopping and budgetary juggling, may hold the key to smooth adjustment under the new set-up.

SHOPPING GUIDE

Attention of food handlers, farmers, and Department of Agriculture officials all over the country will be focussed on potatoes during the period November 7-16. A concerted drive is planned to find housing for the largest late crop on record now moving from 30 states.

Grocers are stocking up for the occasion. They'll have plenty of high quality potatoes to sell at low prices. It will be a good time for homemakers to buy--not just enough potatoes for the next day's meals, but a good supply for several weeks ahead, even some to store through the winter if suitable space is available. These late crop potatoes are well-matured and will keep in a cool, dark place.

November 7-16 also will be a good time for homemakers to make potatoes the center of attention on their menus. With a good cookbook, a little ingenuity, and plenty of potatoes, experimentation may produce an original dish to please either the new bridegroom or the connoisseur of home cooking.

The attached leaflet "Potatoes in Popular Ways" contains some excellent suggestions from the Bureau of Human Nutrition and Home Economics. If you'd like additional copies, let us know.

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STAR OF HALLOWE'EN

This week is an excellent time to feature apples. There are three reasons:

- (1) October 24-31 is National Apple Week;
- (2) It's also the week of Hallowe'en, when apples will be in demand for both games and refreshment;
- (3) Apples are plentiful; in fact, the Department of Agriculture says they're the best fruit buy on the market.

With a variety of apple for every purpose, selection depends on how the fruit is to reach the table. Some kinds are best for baking, some are perfect

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for pies and sauce, some just to eat. Others fit all three categories.

In cooking, it's "spare the water" for best results. Sugar's no problem because most apples contain some of their own and don't need much additional sweetening. They'll take corn syrup, molasses, or honey if the sugar bowl is low. A pinch of salt and a sprinkling of spice give flavor perfection. Either cinnamon or nutmeg may be used; if it's nutmeg, though, it goes in just before the dish is served so the apples won't taste bitter.

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TALKING TURKEY

It seems a little early to sound the call for turkeys—but actually, it isn't. Not this year, anyway. Back in 1929, when we grew only 16-3/4 million birds, it might have been; or even a decade later when the total turkey crop amounted to 32-1/3 million. These were the days when homemakers served their first turkey of the season at Thanksgiving.

Not any more. The modern turkey matures early; also, it's a smaller bird, more suitable for the average-size family. No need to wait for holidays and family reunions when there's outside help in the eating. So this year, with 41 million birds estimated in the nation's crop, the Department of Agriculture expects 25 percent on the market during October and 40 percent during November. That leaves about 26 percent for Christmas and New Year's and 9 percent to eat after the holidays.

For the first time in history, the turkey appears to be deserting its role of festivity-food to become an every-day, almost year-round favorite.

Since homemakers will be buying turkeys more often this year, they may want some pointers on selection. The best way to be sure of the quality is to look for the official U. S. grade stamp. Buying by grade is economical, too, because it assures the homemaker she'll get exactly what she pays for.

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